

A Healthier You!

Presenter



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She is the owner of WhyFoodWorks, LLC, which provides nutrition education through dinner parties and private cooking classes, because hands-on instruction is the best way to learn. She believes if you know better, you will eat better—and enjoy food more.

Learning Objectives

- Create a personal wellness vision
- Understand the “SMART” goal-setting method
- Practice writing nutrition and physical fitness goals
- Identify ways to improve your mental health

Survey

What is your opinion on New Year's resolutions?

- A. I have found them to be an effective strategy to help me meet my goals.
- B. Sometimes they help me to meet my goals.
- C. I make resolutions, but they never seem to last or make much of a difference.
- D. I don't make New Year's resolutions.

What Is a Wellness Vision?

A wellness vision is a general statement that considers long-term behavioral goals, outcomes, and motivators.

- Who do you want to be?
- What do you want to be doing (or not doing)?
- What will you do to make it happen?
- Why does it matter to you?

What Makes a Good Wellness Vision?

A Strong Picture of Where You Want to Be



Example

“In the next three months, I will establish a regular exercise routine of getting up early four days a week so that I can maintain a healthy weight and feel good about my body.”

Activity

Write your own wellness vision.

Personal Development Plan

My wellness vision:

SMART Goals Model

- **Specific**
- **Measurable**
- **Action-based**
- **Realistic**
- **Time-specific**

Additional Goal-Setting Pointers

- Be accountable.
 - Write your goals down.
 - Tell someone else.
- Start small.
- Track your progress.
- Don't expect perfection.
- Reward yourself.
- Get some attitude.



Areas to Improve

1. Nutrition
2. Physical fitness
3. Mental health



Know What Food You Need

The New Food Plate



Strategies for Meeting Nutrition Goals

- Control your food portions.
- Focus on “power foods.”
- Be aware of your habits.
- Eat what is good for ***you***.



Nutrition Goals You Can Keep

Focus on more instead of less.

- *“I will eat fruits with my afternoon and evening snacks.”*

Take small steps.

- *“I will drink five glasses of water a day – two before lunch, two before the end of work, and one at night.”*

Don't deprive yourself.

- *“If I crave sweets, I will wait 30 minutes before I decide what I will eat.”*

Activity

On the “Personal Development Plan” handout, write down at least one goal to improve your nutrition.



Physical Fitness

- Follow the basic **FIT** principle:
 - Frequency
 - Intensity
 - Time
- Rest is part of the equation.
- It's not just cardio:
 - Strength
 - Flexibility



Enjoyment

- Exercise can (and should) be fun.
- Find the factor to make it fun for you:
 - Music
 - Location
 - People (or “me time”)
 - Gadgets



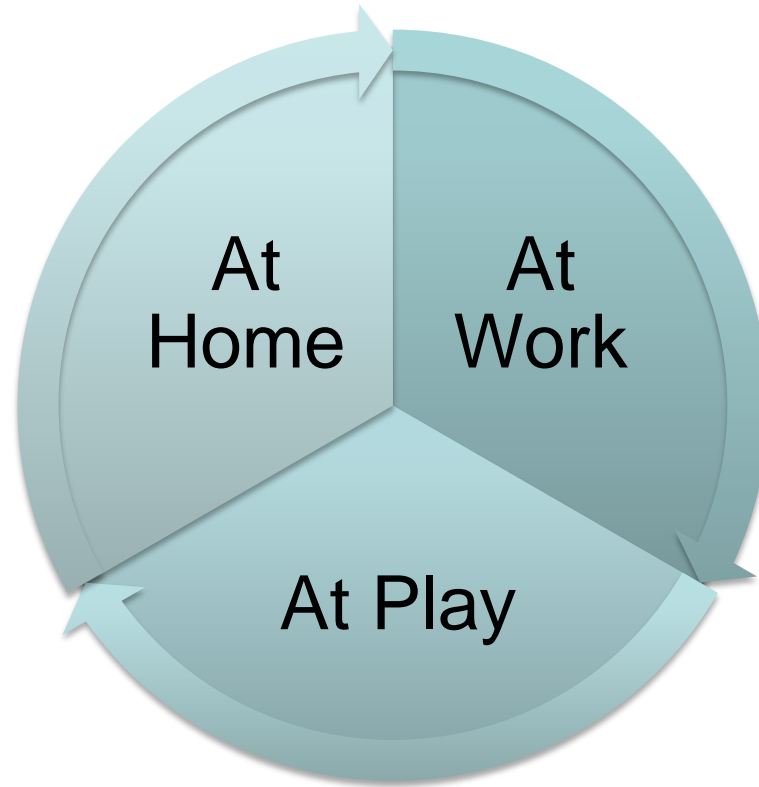
Statistics on Movement

Sedentary behavior is the
4th leading risk factor
for death.

- High blood pressure
- Flexibility loss
- Type 2 diabetes
- Weight gain
- Anxiety and depression
- Bowel cancer
- Migraines
- Elevated cholesterol
- Stroke
- Heart disease
- Eye strain
- Soft bones
- Chronic neck, shoulder, and back pain
- Carpal tunnel syndrome
- Impaired libido

Incorporating More Movement

Whole Day Mindset



Examples of Physical Fitness Goals

Fit exercise into your day.

- “I will walk for 15 minutes on my lunch break, and I will walk 15 minutes before getting in my car after work three days this week.”

Add in more movement.

- “I will take one flight of stairs before I take the elevator.”

Include strength and flexibility.

- “I will take a yoga class on Tuesday and Thursday mornings.”

Activity

On the “Personal Development Plan” handout, write down at least one goal to improve your physical fitness.

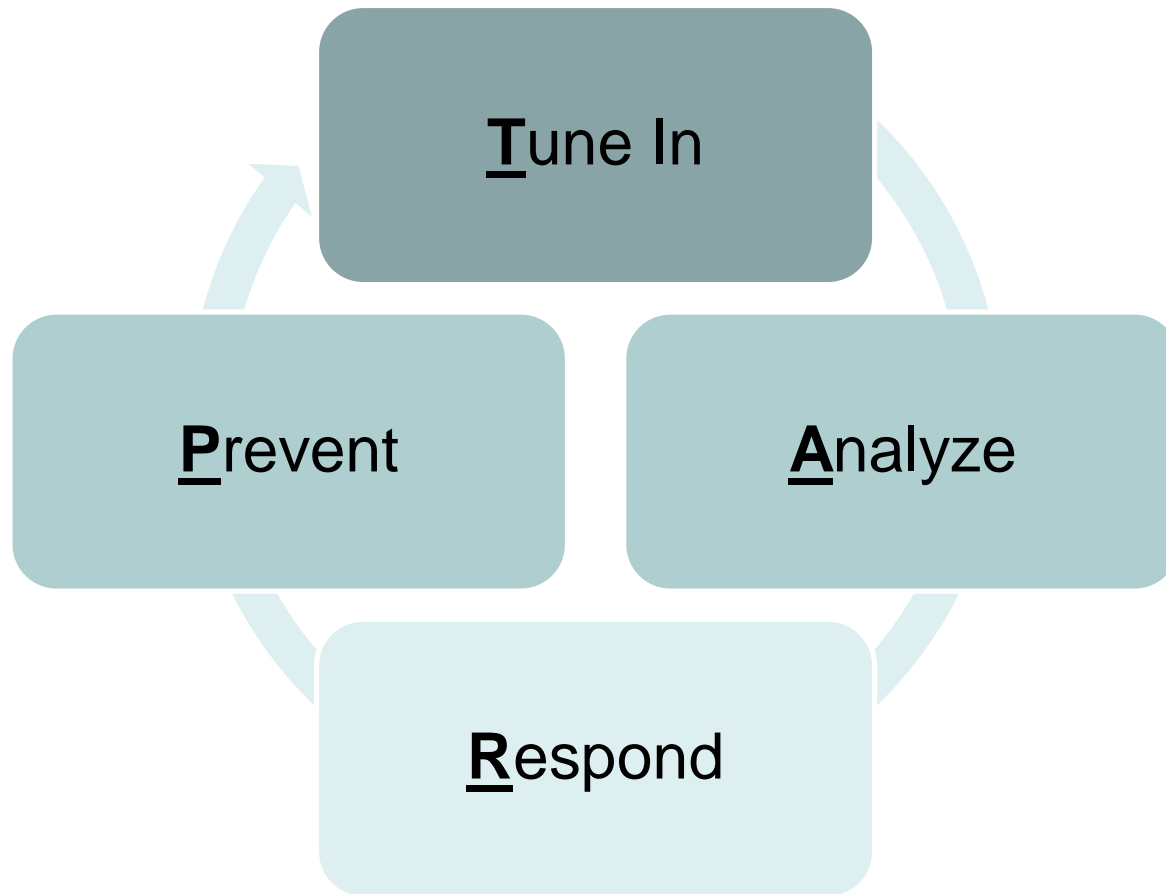


Mental Health and Well-Being

- Psychologists, including Aaron Beck and Albert Ellis, suggest that thoughts have a direct connection to your state of mind.
- If you change your thinking, you can change your feelings and experience of stress.
- Changing your emotional response may then have a subsequently positive effect on your physical health.

Identify Stressors

The TARP Method



Taking Care of Yourself – Stress Reducers

- Exercise.
- Get plenty of sleep.
- Eat well.
- Relax, breathe, and meditate.
- Schedule downtime.
- Try to maintain routines.
- Know your limits.
- Get support.



Activity

On the “Personal Development Plan” handout, write down two steps you can take to improve your mental health.



Quote

“The greatest wealth is health.”

Unknown



Resources

Contact your EAP
or
Work-Life Program
for
Assistance

Thank You

Questions?

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